

SKI & SNOWBOARD GEAR

- Ski jacket
- Ski trousers
- Ski gloves or mittens
- Ski socks
- Thermals
- Mid-layers (fleece or down)
- Hat
- Neck warmer
- Goggles
- Sunglasses

EQUIPMENT

- Skis or snowboard
- Ski/snowboard boots
- Ski poles
- Helmet
- Avalanche kit (probe, shovel, transceiver)
- Ski Lock

TOILETRIES

- Lip balm
- Sun cream
- Moisturiser
- Ibuprofen/paracetamol
- Toothpaste & toothbrush
- Shampoo, conditioner, soap

CLOTHING

- Socks & pants
- PJs & slippers
- Jeans
- Shirts
- Sweaters
- Swimsuit
- Snow boots
- Hats & gloves

EXTRAS

- Flask and/or water bottle
- Hand warmers
- Rucksack
- Tissues
- Mini chocolates
- Hot water bottle
- Earplugs
- Plug Adapters
- Book

TRAVEL ITEMS

- Passport
- EHIC card
- Flight & booking details
- Travel insurance
- Euros or CHFs